



# Valor & Allegiance Recreation Therapy - October 2020



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<u>SEPTEMBER</u>	27	<u>Yom Kippur</u>	28	<u>SEPTEMBER</u>	29	<u>Trivia of the Day!</u>	30	<u>OCTOBER</u>	1	<u>Theme Day!</u>	2	<u>OCTOBER</u>	3
Due to COVID-19, Recreation Events have been temporarily halted for your safety!		For Jewish High Holy Days, "The Days of Awe or Repentance" begin right after Rosh Hashanah and last for 10 days to repent their sins.		Recreation Therapy is focused on Resident safety at this time! Events subject to change!		Afternoon <u>Allegiance</u> Social Distancing Bingo! 🎮👤 Wear your mask please!		Fat Bear Week & Visits! Sept. 30-Oct. 6, Katmai National Park, Alaska – more bears (2,200) in this park prepare to hibernate.		😊 World Smile Day! In 1963, artist, Harvey Ball created iconic yellow smiley face-"Do an act of kindness. Help one person smile."		🌍 OCTOBER Birthstone = Opal & Pink Tourmaline Flower = Marigold or Calendula 🌻	
<u>OCTOBER</u>	4	<u>Wear Purple</u>	5		6	<u>BINGO</u>	7		8	<u>Trivia for the Day!</u>	9	<u>Funny of the Day!</u>	10
Please see Senior Television Channel 4 for Updates & Recreation Event Videos & Photo Slideshows!		for Alzheimer's Month We appreciate your Patience as we provide person centered care & individual Leisure needs!		Cruisin' the Coast! What's Your Favorite Antique Car? Cars drive along Hwy 90 10/4 thru 10/11 🚗		🎃 Oktoberfest Lunch! Afternoon <u>Valor</u> Social Distancing Bingo-Valor Dining Rm 🍷		Animatronic "Pup & Kitty" Pet Visits! 🐕🐈 1800 Channel 4 Movie!		80th Birth Anniversary of John Lennon, 1940-1980 National Bring Your Teddy Bear to Work Day! 🧸		🎵 14th Annual Universal Music Day 🎵 A day to listen to & celebrate all types of music, music making, and musicians.	
	11	<u>COLUMBUS DAY</u>	12		13	<u>Wear your mask!</u>	14	<u>Trivia of the Day!</u>	15	<u>Red Friday!</u>	16		17
Pass the Ketchup Please Day! B-Day of Henry Heinz AFRH Protestant Services Channel 4 & Catholic Chapel Services Ch 91		Wear Purple Mondays for Alzheimer's Month Oktoberfest is an annual festival in Munich, Germany. It originated on October 12, 1810!		Navy "245th" Birthday Ceremony @ 1400 on Channel 4 1800 Channel 4 Movie! 🇺🇸		👻 A Boo-ti-ful Halloween Monthly Cook-in! 🎃 1800 Channel 4 Movie!		National I Love Lucy Day! I Love Lucy premiered on Oct. 15, 1951. Lucille Ball won 4 Emmys, 6 Golden Globes & was 1st female CEO of a production company.		Dictionary Day & Learn a Word Day! What's Your Favorite word to say? Abracadabra... serendipity... love... Onomatopoeia...		💖 Sweetest Day The goal of this day is to do something nice for someone so he or she will say, "Oh, that's so sweet!"	
	18	<u>Wear Purple</u>	19		20		21		22	<u>Red Friday!</u>	23	<u>Trivia for the Day!</u>	24
AFRH Protestant Chapel Services Channel 4 Daily @ 0800 & 1500 Catholic Chapel Services are on Channel 91		Sean's Virtual Travels Daily @ 1300 & 2030 on Senior TV Channel 4 1800 Channel 4 Movie! 🗺️		October Monthly Birthday LUNCH!! (i) 🎂🎉		Afternoon Social Distancing <u>Allegiance</u> Bingo-Valor Dining Rm Wear your mask please! 1800 Channel 4 Movie!		☀️ In a world where you can be Anything... be kind! 🦋 Garden & 1-1 Patio Time (PT)		0900 Chair Exercises – Senior TV Channel 4 Virtual Travels Daily @ 1300 & 2030 🧑🏫		Take Back Your Time Day The goal of this day is a reminder to people of the importance of leisure time. Also, United Nations Day & Make a Difference Day!	
	25	<u>Wear Purple</u>	26		27	<u>BINGO</u>	28		29	<u>Halloween Treats!</u>	30	<u>HALLOWEEN</u>	31
Protestant Svc 0800 & 1500 Catholic Chapel on Ch. 91 M-F 0700, 1100 & 1800 Sat.1800 & Sun. 0700 & 1100		Funny of the Day! How do you make a witch stew? Keep her waiting for hours. 🧛		Read, watch a movie, catch a sports game, clutter clean your room...lots you can do 🎮		Afternoon Social Distancing <u>Valor</u> Bingo! Wear your mask please! 🎮👤		Please ask for leisure supplies–puzzles, books, art, movies, cards, etc. 🧩		Haunted Refrigerator Night Look in the back of your refrigerator to see what scary things are lurking there! 🧛		Daylight Savings Time Ends–Fall Back an Hour! Happy Halloween! 🎃	
Wash Hands! Wear Masks! Yes, We Can Do It! 🇺🇸		Fire Prevention & Safety Month ⚠️ Safety matters		Chair Exercise Daily on Senior TV Channel 4 @ 0900 🧘		Remember to Wear your Mask Please! 🧑🏻🧑🏼🧑🏾		LOCATION KEY AT = Activity Room TV = TV Lounge PT = Patio 🎃		Keep Calm & Practice Social Distancing! We appreciate you & Want to keep you well!		Recreation will resume when determined the Coronavirus to no longer be a health risk.	